

Silver Banner

Fall 2011

Issue 73

Editor: Susan Jacobs

Mission Statement:

The mission of the Hilltown Assoc. of Councils on Aging is to provide and promote programs, activities and services to the senior citizens of the hill town communities of Becket, Dalton, and Peru.

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NEW MEDICARE OPEN ENROLLMENT PERIOD

The annual Medicare Open Enrollment (**October 14–December 7**) is the time to enroll in or **CHANGE** your Medicare coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have.

In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.

Remember: The Medicare Open Enrollment ends on December 7th.

Do Not Wait Until It's Too Late!

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can call the Dalton Senior Center for a SHINE appointment -or- call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7-days/week, call 1-800-MEDICARE.

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Pattie Pero, SHINE Counselor at the Dalton COA along with two other qualified SHINE counselors will be presenting a Medicare Seminar at the Dalton Senior Center on Monday, October 31<sup>st</sup> at 9:30 a.m. which will cover all aspects of Medicare D. Those wishing to attend must RSVP by October 24<sup>th</sup> to 684-2000 and should plan to bring their drug list in order to get information on the plan most appropriate for them.

## Dalton Travelers News

### **Radio City Christmas Show**

On Saturday, November 19, 2011, Dalton Travelers are offering a one-day excursion to NY City to attend the **Radio City Christmas Show**.



This trip is being dubbed, "The Chris O'Connor Memorial Trip" in honor of one of our most enthusiastic travelers. The bus will leave at 8 a.m., arriving in the City at approximately noon. Everyone is on their own for lunch and shopping. Everyone will re-group and arrive at Radio City at 3:30 p.m. for the 4:30 p.m. show. The bus will leave NY City

at 6:00 p.m.. The trip home will include a rest stop for dinner on your own.

**Registration and full payment of \$89 must be received by October 1st** in order to guarantee tickets to the show. For information and to sign up, please call the Dalton Senior Center at 684-2000, or trip coordinator, Andre Robert at (413) 281-4844.

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Other trips currently under consideration are two from CruiseOne:

- "Exploring Britain & Ireland" from October 7-21, 2011 featuring England, Ireland, Scotland and Wales
- "Southern Charm" featuring Charleston, Savannah and Jekeyll Island from April 22-28, 2012.

For information on both trips, please call Susan at (413) 743-1455.

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The Dalton Travelers hold a monthly meeting on the third Tuesday at 10 a.m. in the Center Café to discuss upcoming trips and to plan new ones. Everyone is invited to attend. The next scheduled meetings are October 18th and November 15th. (There will not be a meeting in September).

## Health Clinics

Lois Bessette, Dalton's Public Health Nurse holds a monthly Blood Pressure Clinic on the fourth Thursday from 10-12. No appointment is necessary.

Beverly Dunn, Foot Care Nurse holds a foot care clinic at the Senior Center. The cost is \$25 (payable to Beverly) and an appointment is necessary. Please call to Center at 684-2000 to schedule an appointment, and to check on the date, as this varies.

### **e-Update from The National Institute on Aging**

Listen up? Our popular print publication, *Exercise & Physical Activity: Your Everyday Guide from the NIH* is now available as a **FREE audiobook!** You can stream the Exercise Guide directly from your computer or download the mp3 files and listen on a portable audio player. This audiobook can help you make your fitness plan & track your progress, and can be used at home, work and at the gym.

This and many other free resources from the National Institute on Aging are available at the NIA's **Go4Life** website.

## **Crane Women of Substance and Style: Enriching their Communities**

The Berkshire Historical Society and  
Honorary Chairpersons  
Judy & John Kittredge invite you to:

The Crane Model Farm  
Main Street, Dalton, MA

The exhibit runs  
October 1 through October 10  
1-6 pm

*All proceeds to benefit the exterior restoration of  
Arrowhead, a National historic Landmark*

## New Senior Center Hours

With the retirement of long time Director, Sue Jacobs, we have had to make a temporary change in Senior Center hours. Until a new Director is hired, the Center will close at noon on Fridays. Sarah Fontaine, Sue's Administrative Assistant will be Acting Director; Jean Gingras will be offering clerical assistance 3 1/2 days a week. Please support and encourage Sarah, Pattie, Jean and the volunteers as they go through this time of transition. Thank you for your understanding.

## Special Events Coming Up

Mon., 9/19/11: My Life, My Health six week series begins; pre-registration required.

Fri., 9/23/11: Breakfast Club, 8:30 a.m. Topic: Advanced Directives with Mark Massaconi with Hospice Services of W. MA.

Wed., 9/28/11: DALTON COMMUNITY EXPO, 3-6 p.m. for all central Berkshire families



Wed., 10/5/11: Trip to Pittsfield Airport with Jack McDonough & Andy Robert for a personal tour of the project. Space limited; call soon to register.

Sat., 10/15/11: Lunch Bunch rides the Scenic Railroad with lunch at Sullivan Station. Call 684-2000 to sign up.



Th., 10/20/11: "Dalton Reads" with author, Stuart Murray at 7 p.m., Senior Center.

Fri., 10/21/11: "Dalton Reads" Coffee Hour & book discussion of Killer Angels" at 10 a.m. with Persis Caverly.

Fri., 10/28/11: Breakfast Club, 8:30 a.m. Topic: "Current Trends in Elder Law" with Atty. Anthony Doyle.

Mon., 10/31/11: Medicare D Seminar at 9:30 a.m. with SHINE Counselors Pattie Pero and Martha Seymour.

## COMMUNITY EXPO

***Looking for ways to make ends meet? Many people are wondering if they will have to choose between rent, food, heat and medicine.***

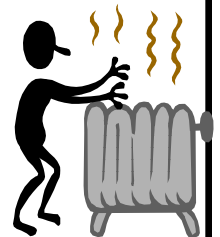
***You don't have to make a choice!***

Local and state agencies want you to know there is help available.

On **September 28, 2011**, central Berkshire area residents are invited to attend the **Community Expo** to get information on, and apply for Fuel Assistance, WIC, Food Stamps, and many other programs.

The event is free and open to all residents in the central Berkshire area, and is being held in the fully accessible Dalton Senior Center at 40 Field Street Ext. (corner of High & Field St. Ext.).

Participating agencies include those offering fuel assistance, medical insurance enrollment & health screening, food assistance, food pantries, bill paying, fuel conservation, home weatherization, child care, elder care, emergency shelter, temporary pet shelter, home safety, employment and emergency financial resources.



Some programs will require income verification to be eligible. To get your application/s started, please bring any of the following available documents:

- Photo ID (license)
- Social Security Card
- Wages/Income for previous month including Social Security, SSI, pensions (no bank statements)
- Proof of child support
- Current utility bills
- Other verifications may be requested

## ELDER SERVICES—Money Management Program



The Money management Program at Elder Services of Berkshire County assists people, 60 years and older in managing their household finances. Volunteers are carefully screened and attend training sessions before being matched with a person who has been referred to the program. Sometimes people call to request this type of help themselves.

An initial meeting is scheduled which takes place in the client's home. If the volunteer and client agree to meet again, an agreement is signed.

Future meetings take place in the client's home on a monthly basis and may include: sorting mail, writing checks for the client's signature, balancing their checkbook, and help in establishing and maintaining a budget. All information is kept in strict confidence.

To be eligible for this program, an individual's income cannot exceed \$45,100 or \$55,100 for a couple. The client is required to have

an active checking account with a balance of \$3,500 or less. This is for insurance purposes.

If you or someone you know might benefit from the Money Management Program, or if you would like to join the team of dedicated volunteers who provide this service, please call Elder Services at (413) 499-0524 or 1-800-544-5242, and ask for Money Management.

### Also from ESBCI: Help Wanted

Volunteers are needed to help area elders with transportation to doctor's appointments, shopping and for companionship. If you have a few hours that you could volunteer to help with the above needs, please contact Elder Services' Volunteer Department at 400-0524 or 1-800-544-5242, ext. 154, Monday through Friday from 9:00 a.m. to 12:00 p.m.



## Preparing for Emergencies

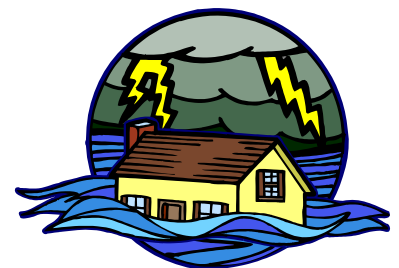
With Hurricane Irene fresh on our minds, it is a good time to remind you of some of the many resources available to help prepare for the next one.

From the American Red Cross: "Disaster Preparedness for Seniors by Seniors" is an excellent booklet offering comprehensive information. Their Three Steps to Preparedness—Get a Kit—Make a Plan—Be Informed is following by what to do, "When disaster Strikes," offering practical tips for everyone.

From the US Dept. of Homeland Security is a small, tri-fold card titled, "Emergency Supply List" in their "Ready" series. They also have a brochure titled, "Preparing Your Pets for Emergencies Makes Sense," in a Prepare,

Plan and Stay Informed format.

From the Berkshire County Board of Health Association ([www.bcboha.org](http://www.bcboha.org)) comes their "Plan 9" - a simple guide to the nine essential items to help you shelter-in-place in the event of an emergency. This too is a small, bi-fold brochure and includes six other web sites for easy, online access to information. If you do not have access to a computer and need information, you can contact your local Emergency Management Director at your local Town Hall or call 2-1-1 for Massachusetts emergency information.



## Program/Volunteer Council

This wonderful group has continued working to help plan and present programs and activities here at the Center. The following is a short listing of upcoming events, so mark your calendars.



### **Breakfast Club** is held

on the fourth Friday at 8:30 a.m. On September 23rd, the program will be, "Advanced Directives" presented by Mark Massaconi, LCSW of Hospice Services of Western MA. Topics to be covered include, Durable Power of Attorney, Health Care Proxies, and speaking with family members ahead of time about what your wishes are in the event of a catastrophic illness.

On October 28th, Atty. Anthony Doyle will make a return visit to discuss, "Current Trends in Elder Law." His last visit in May was so well-received, that he has been asked to come back.

For both of these programs, please pre-register by calling the Center at 684-2000.

[For information on **Dalton Travelers**, please see the article on page 2.]

The **Garden Group** has been meeting each Monday afternoon from 1-3 PM. Nancy Cooper and her dedicated committee have planted beautiful annuals in the planters made by the WRHS drafting class by the main entrance. They have also been in touch with Dalton's Tree Warden about planting a Dogwood as well.



Terry Williams' family has donated a Liberty Elm Tree to the Center which was planted this summer. The tree is in honor of their father and uncle, and was dedicated on September 1st. When you are here, please take a look at the beautiful Elm Tree, and notice too the Liberty Elm that is the focal point of the Donor Mural in the Center lobby.

**The Knitting Group** has been meeting on Tuesday afternoons from 1-3 p.m. in the Café. Many types of handwork are done by the members of this friendly group. If you are just a beginner, or have been knitting or crocheting for years, you are welcome to drop in for an enjoyable afternoon. No need to call ahead.

## My Life, My Health

*Did you know that at least 80% of older adults have at least one chronic disease, and 50% have at least two?*

My Life, My Health is a six week workshop series developed by Stanford University for anyone living with ongoing health conditions. A series will be offered in Dalton at the Senior Center beginning on Monday, September 19, 2011 from 9:00 to 11:30 a.m. Learn from trained volunteer leaders with health conditions themselves. Set your own goals and make a step-by-step plan to improve your health—and your life.

Chronic Disease Self-Management is for anyone living with an on-going medical condition such as:

|                          |              |
|--------------------------|--------------|
| Chronic Heart Failure    | Asthma       |
| Cancer                   | Chronic Pain |
| Chronic Fatigue Syndrome |              |
| Diabetes                 | Fibromyalgia |
| Health Disease           | Arthritis    |
| Parkinson's Disease      | COPD         |
| Stroke..... and more     |              |

Chronic disease, pain and discomfort can limit many of the activities you enjoy. Learn to:

- Eat well
- Control your pain
- Start an exercise program
- Deal with fatigue and frustration
- Handle stress and relax
- Increase your energy level
- Solve problems and meet personal goals
- Communicate effectively with your health care providers

Space is limited, so register early for this valuable training by calling 684-2000 or stop by the Senior Center to sign up.



## Quilters on "Pins & Needles"

A dedicated group of needle-workers meets every Thursday from 10:30 a.m. to 3:00 p.m. to work on a variety of projects. Baby quilts, quilted wall hangings, full-size quilts, appliqued pieces and embroidered table cloths can all be viewed in the coffee shop/craft room at the Center each Thursday. Newcomers are always welcome!



A new **Beginner Bridge** series will be taught by Edna Mae Kincaid this fall. Pre-registration is necessary and can be made by calling 684-2000. [The Bridge Group that has been meeting for years continues to play on Thursday afternoons from 1-4 p.m.]



The Friday morning group playing **Pitch** is having a great time! Newcomers are always welcome. Bernie Levesque along with other long-time players are available to explain this fun card game. Men and women are invited to join us from 9:30 to 11:30 a.m.

**Mahjongg** is played on Wednesdays from 1-3 p.m. Instruction for this fascinating game is available for newcomers; tables for more practiced players can be arranged. Call 684-2000 or stop by the Center for more information.

**Oil Painting** is offered on Tuesdays from 12:30 to 3 p.m. and is taught by local artist, Fauna Autenwreith. (There is an instruction fee of \$15/class, paid directly to the teacher).



The **Senior Center Café** is open each week day (with the exception of holidays). We get the Berkshire Eagle delivered every day, and the building is equipped with Wifi for those who like to get their

news on-line. Either way, come and enjoy morning coffee with your friends and neighbors, and start your day with us.

**Shake Your Soul** is a unique approach to fitness. Students of all ages and abilities are led by a certified instructor through a rich tapestry of movements allowing for an awareness of bodily sensations and feelings. Each student moves at her/his own pace and based on each person's own range of motion. As students move and groove to the sounds of world music, body and mind are connected and spirits soar.

The benefits include improved flexibility, strength and grace; an increased feeling of wholeness and vitality; a reduction in stress; improved brain health and cardiovascular fitness; a discover of one's own joy in movement; a connection with other people, and just plain fun! No prior dance training is necessary. All you need is a love of music and movement.

Shake Your Soul is taught by Barbara Pastie and is held each Wednesday from 10-11 a.m.. In addition to the \$2 activity fee for the Senior Center (the purple coupon), there is a \$3 instruction fee payable to Barbara.

**Tai Chi** is offered on Thursday afternoons from 1:30-2:30 p.m. by certified instructor, Sher Mindermann. This gentle form of exercise helps to develop stronger muscles, improve balance and strength, increase energy and concentration, improve flexibility, posture and heart and lung function. This is an ancient martial art whose low-impact movements are suitable for any age or physical ability. In addition to the \$2 activity fee, there is a \$5-\$8 instruction fee payable to Sher.

[NOTE from US Dept. of Health and Human Services HealthBeat: A westernized form of tai chi may help older people being treated for depression. At UCLA, Helen Lavretsky saw this in a study involving 3 people ages 60 and older who had only partial benefit from drug treatment. Half took part in the tai chi-style physical activity, which is based on an ancient Chinese martial art, for two hours a week over 10 weeks. Compared to a control group, most had some improvement, and two thirds achieved remission.

## Please give us your thoughts.....

As we look to add more programs and activities to our monthly calendar, we want to be sure that we invest our time in what you need and/or want. Please let us know:

- Programs for men: \_\_\_\_\_
- Programs for women: \_\_\_\_\_
- Couples/Singles programs: \_\_\_\_\_
- Talented people willing to teach/share their expertise: \_\_\_\_\_
- Have you checked the Town Web Site for the monthly calendar and other events? (www.dalton-ma.gov) Yes \_\_\_\_\_ No \_\_\_\_\_
- Please clip this out and mail it to 40 Field St. Ext., Dalton 01226, or email your responses to dcoa@bcn.net.
- If you would like to receive email notification from the Travel Club of upcoming trips, the newsletter, monthly calendar or other special events, please email your request to dcoa@bcn.net.

**Thank you, very much.**

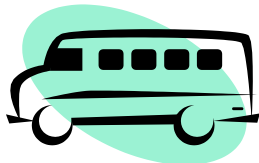
### Dalton Senior Center Van Schedule

The Senior Center Van Service is available for any Dalton residents age 60 and over and disabled residents of any age. With the exception of holidays, the van runs Monday through Friday from 8 a.m. to 3 p.m.

Reservations for rides must be made a minimum of 24 business hours in advance. The majority of trips are for medical appointments (which are the priority), but you can also do your banking, go to the hairdresser or barber, shopping or other needs. We transport within Dalton and to Pittsfield. If the schedule allows, we will also go to the Berkshire Mall.

Trips to the Center are \$1.50 each way; all other trips are \$3.00 each way with payments being made to the COA office.

For more information, call 684-2000.



### Dangers of Facebook

The social networks are bursting upon and in our lives. There are a few tips to make sure that we are as safe as possible using them.

- When you pick a password, be sure it is a strong one with numbers, symbols, caps, etc. The longer the better. Especially for children, be sure they share it only with their parents and no one else.
- Don't put your full birth date in.
- Limit access to your profile to only your friends and family.
- Restrict your photos and don't put your name on them. Don't post photos that have identifying information. If a friend or family posts a photo with you in it and your name, ask them to remove the name.
- Don't mention when you are going on vacation! That's an open door for thieves.
- Be careful of quizzes or games you sign up for that request personal information.
- Monitor children/grandchildren when they are on social media.

*NOTE: Although this was written with children in mind, the tips are good for adults too.*

Phone: 413-684-2000  
Fax: 413-684-4033  
Email: dcoa@bcn.net

40 Field Street Ext  
Dalton, MA 01226

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## Learn Something New Today Free Online Courses

Through the Dalton Free public Library

Over **500** Online Continuing Education Courses  
through Universal Class

Check out what is available through the  
Web site: <http://universalclass.com>

### **REGISTRATION IS REQUIRED AT DALTON FREE PUBLIC LIBRARY**

And then you can access the courses from  
your home computer.

(Some public computers will be available at  
the library for these courses)

You may take up to five courses at one time  
and have six months to complete a course.

This service is made available by a grant from the  
Katharine L.W. and Winthrop Crane, 3D Charitable  
Foundation. (The Library's subscription ends 5/31/2012).

*Note from Sue.....*

*I want to thank each of you who have been a  
part of my life here at the Dalton COA over  
these past 27 years. I have been privileged to  
have this amazing career that has enabled me  
to work with and for many wonderful people.*

*The realization of a Senior Center for our  
community has obviously been a high point—  
not just for me, but for the staff, board members  
and volunteers of the COA, and especially for  
those who are utilizing the services here.*

*I received many accolades at my recent  
retirement party, but I can assure you that the  
person I am, is a result of all of you bringing  
out the best in me, and I thank you—for your  
patience, trust, and your belief in me.*

*I look forward to continuing to teach my  
exercise classes—as a volunteer—and to  
seeing more and more people come to use  
this beautiful, new community facility.*

*I won't say goodbye.... I will see you soon.*